

Print Resources for Parents

Adolescent Development

- * Elkind, David. ***All Grown Up and No Place to Go: Teenagers in Crisis***.
- * Fenwick, Elizabeth, and Dr. Tony Smith. ***Adolescence: The Survival Guide for Parents and Teenagers***
- * Gianetti, Charlene, and Margaret Sugarese. ***The Roller Coaster Years***
- * Riera, Michael. ***Uncommon Sense for Parents with Teenagers***
- * Steinberg, Laurence, and Ann Levine. ***You and Your Adolescent: A Parent's Guide for Ages 10-20***
- * Tracy, Louise Felton, M.S. ***Grounded for Life: Stop Blowing Your Fuse and Start Communicating with Your Teenager***
- * Winship, Elizabeth. ***Reaching Your Teenager***

Attachment

- * Bowlby, J. ***A Secure Base: Parent-Child Attachment and Healthy Human Development***

Attention Deficit Disorder

- * Hallowell, Edward M., M.D., and John J. Ratey, M.D. ***Driven to Distraction***
- * Hartman, Thom. ***Attention Deficit Disorder: A Different Perception***
- Monastra, Vincent J. ***Parenting Children with ADHD: 10 Lessons That Medicine Cannot Teach (APA Lifetools)***

Body Image/Eating Disorders

- * Chernin, K. ***The Hungry Self: Women, Eating, and Identity***
- * Siegal, M., J. Brisman, and M. Weinshel. ***Surviving an Eating Disorder: New Perspectives and Strategies for Families and Friends***
- * Wolf, N. ***The Beauty Myth: How Images of Beauty Are Used Against Women***

Boys' Development

- * Caron, Ann F. ***Strong Mothers, Strong Sons: Raising the Next Generation of Men***
- * Phillips, Angela. ***The Trouble with Boys: A Wise and Sympathetic Guide to the Risky Business of Raising Sons***

Discipline

- Bailey, Becky A. ***Easy to Love, Difficult to Discipline: The 7 Basic Skills for Turning Conflict into Cooperation***
- * Bluestein, J. ***Parents, Teens and Boundaries: How to Draw the Line***
- * Ginott, Haim. ***Between Parent and Child***
- * Ginott, Haim. ***Between Parent and Teenager***
- * Nelsen, Jane, Ed.D. ***Positive Discipline***

- * Nelson, J., and L. Lott. ***Positive Discipline for Teenagers: Resolving Conflict with Your Teenage Son or Daughter***
- * Phelan, Thomas W., PhD. ***1-2-3 Magic: Effective Discipline for Children 2-12***
- Rosemond, John. ***The Well-Behaved Child: Discipline that Really Works***

Divorce

- * Ahrons, C. ***The Good Divorce: Keeping Your Family Together When Your Marriage Comes Apart.***
- * Everett, C., and S. Evertt. ***The Healthy Divorce: For Parents and Children***

Drug/Alcohol Use

- * Gaetano, R. J., with J.J. Masterson. ***Teenage Drug Abuse: One Hundred Most Commonly Asked Questions About Adolescent Substance Abuse***
- * Giannetti, Charlene C. and Sagarese, Margaret. ***Parenting 911***
- * Peele, Stanton. ***Addiction Proof Your Child: A Realistic Approach to Preventing Drug, Alcohol, and Other Dependencies***
- * Schwebel, Robert. ***Saying No is Not Enough: Raising Children Who Make Wise Decisions About Drugs and Alcohol***

Emotional Development

- * Goleman, Daniel. ***Emotional Intelligence***
- * Gottman, .D. John , Decaire, Joan and Goleman, Daniel. ***Raising An Emotionally Intelligent Child The Heart of Parenting***

Family Systems

- Berman, Jenn, PhD. and Corwin, Donna. ***The A to Z Guide to Raising Happy, Confident Kids***
- * Covey, Stephen R. and Covey, Sandra M. ***The 7 Habits of Highly Effective Families***
- Feiler, Bruce. ***The Secrets of Happy Families: Improve Your Mornings, Rethink Family Dinner, Fight Smarter, Go Out and Play, and Much More***
- Haltzman, Scott and DiGeronimo, Theresa Foy. ***The Secrets of Happy Families: Eight Keys to Building a Lifetime of Connection and Contentment***
- * Lerner, H. G. ***The Dance of Intimacy***
- * Lerner, H. G. ***The Dance of Anger***
- * Napier, A. Y., and C. Whitaker. ***The Family Crucible: The Intense Experience of Family Therapy***
- * Scarf, Maggie. ***Intimate Worlds: Life Inside the Family***

Gay/Lesbian Issues

- * Fairchild, B. and N. Hayward. ***Now That You Know***
- * Griffin, C., M. J. Wirth, and A. G. Wirth. ***Beyond Acceptance***

Girls' Development/Mother-Daughter Relationships

- * Apter, Terri. ***Altered Loves, Mothers and Daughters During Adolescence.***
- * Caron, Ann. F. ***Don't Stop Loving Me: A Reassuring Guide for Mothers of Adolescent***

Daughters

* Brown, Lyn Mikel, and Carol Gilligan. ***Meeting at the Crossroads: Women's Psychology and Girls' Development***

Deak, Joann. ***Girls Will Be Girls: Raising Confident and Courageous Daughters***

Hemmen, Lucie, PhD. ***Parenting a Teen Girl: A Crash Course on Conflict, Communication and Connection with Your Teenage Daughter***

* Marone, Nicky. ***How to Father a Successful Daughter***

* Orentstein, Peggy. ***School Girls***

* Pipher, Mary. ***Reviving Ophelia: Saving the Lives of Adolescent Girls***

Launching

* Coburn, K.L., and M.L. Treeger. ***Letting Go: A Parent's Guide to Today's College Experience***

* Littwin, S. ***The Postponed Generation***

* Okimoto, J.D., and P.J. Stegall. ***Boomerang Kids: How to Live with Adult Children Who Return Home***

* Phelan, Thomas W., PhD. ***Surviving Your Adolescents: How to Manage and Let Go of Your 13-18 Year Olds***

Moral Development

* Coles, Robert. ***The Moral Life of Children***

* Damon, W. ***Higher Expectations***

* Glenn, H.S. ***Raising Self-Reliant Children in a Self-Indulgent World***

* Lickona, Thomas. ***Raising Good Children***

Parent-Child Relationships

* Blaney, Sue. ***Please Stop the Rollercoaster!: How Parents of Teenagers Can Smooth Out the Ride***

* Faber, Adele and Elaine Mazlish. ***How to Talk So Kids Will Listen & Listen So Kids Will Talk***

* Faber, Adele and Elaine Mazlish. ***How to Talk So Teens Will Listen and Listen So Teens Will Talk***

* Fishel, Elizabeth. ***Family Mirrors: What Our Children's Lives Reveal About Ourselves***

* Kirshenbaum, M., and C. Foster. ***Parent/Teen Breakthrough: The Relationship Approach***

Levine, Madeline. ***Teach Your Children Well: Parenting for Authentic Success***

* Miller, Alice. ***The Drama of the Gifted Child: The Search for the True Self***

* Taffel, Dr. Ron and Melinda Blau. ***Parenting by Heart: How to Be In Charge, Stay Connected, and Instill Your Values When It Feels Like You've Got Only 15 Minutes A Day***

Polarization

* Taffel, Ron. ***Why Parents Disagree and What You Can Do About It: How to Raise Great Kids While You Strengthen Your Marriage***

* Wolf, Anthony E. ***Get Out of My Life..But First Can You Drive Me and Cheryl to the Mall?***

Rape/Trauma Recovery

* Ledray, L.E. ***Recovering from Rape***

* Warshaw, R. ***I Never Called It Rape***

School Achievement

* Bruns, Jerome. ***They Can But They Don't: Helping Students Overcome Work Inhibition***

* Gardner, Howard. ***Frames of Mind: The Theory of Multiple Intelligences***

* Greene, L.J. ***Kids Who Underachieve***

* Rich, Dorothy. ***MegaSkills: How Families Can Help Children Succeed in Schools***

Tough, Paul. ***How Children Succeed: Grit, Curiosity, and the Hidden Power of Character***

Sex Education (for Parents and/or Teenagers)

* Bell, R. ***Changing Bodies, Changing Lives, Revised Edition***

* Calderone, M.S., and E.W. Johnson. ***The Family Book About Sexuality, Revised Edition***

* Comfort, A. ***The New Joy of Sex***

* Fenwick, E., and R. Walker. ***How Sex Works: A Clear, Comprehensive Guide for Teenagers to Emotional, Physical, and Sexual Maturity***

* Gordon, S., and J. Gordon. ***Raising a Child Conservatively in a Sexually Permissive World, Revised Edition***

* Harris, R. ***It's Perfectly Normal: Changing Bodies, Growing Up, Sex and Sexual Health***

* Leight, L. ***Raising Your Child to be Sexually Healthy***

* McCoy, K., and C. Wibbelsman. ***The New Teenage Body Book***

Roffman, Deborah. ***Talk to Me First: Everything You Need to Know to Become Your Kids' "Go-To" Person about Sex***

* Wattleton, F., with E. Keiffer. ***How to Talk to your Child About Sexuality. A Planned Parenthood Book***

Siblings

* Dunn, J., and R. Plomin. ***Separate Lives: Why Siblings Are So Different***

* Klagsbrun, F. ***Mixed Feelings: Love, Hate, Rivalry, and Reconciliation Among Brothers and Sisters***

Social Media

Edgington, Shawn Marie. ***The Parent's Guide to Texting, Facebook, and Social Media: Understanding the Benefits and Dangers of Parenting in a Digital World***

Stepparenting

- * Kaufman, T. ***The Combined Family: A Guide to Creating Successful Step-Relationships***
- * Visher, E. B., and John Visher. ***How to Win as a Step-Family, Second Edition***

Temperament

- * Chess, S., and A. Thomas. ***Know Your Child: An Authoritative Guide for Today's Parent***
- Cain, Susan. ***Quiet: The Power of Introverts in a World That Can't Stop Talking***
- * Kurchinka, Mary. ***Raising Your Spirited Child***
- * Turecki, Stanley, with Leslie Tonner. ***The Difficult Child, Revised Edition***
- * Zimbardo, Philip, and Shirley Radl. ***The Shy Child***

*** These have been read and recommended by staff.**